

## FASTING #5 - Fasting Foundations.mp4

**Speaker1:** [00:00:06] As we're continuing to teach on fasting. I thought I'd come into the kitchen where the real battle takes place. When you're trying to fast, there's nothing like the food in a kitchen, home cooked meal to tempt you, to not continue to fast and pray. But, you know, we're getting victory over the power of the flesh through fasting. And more importantly, I teach people that the most important thing that happens when you fast and pray is you will draw closer to God. That is the ultimate reward. Yes, your prayers will go to a higher level of fulfillment. Yes, God will prepare things all year long that will astonish you. You will see his mighty hand released in your life. But the greatest reward of fasting is you begin to draw more intimate and closer to God than you've ever been before. I have never been on a fast, particularly the 21 day fast and not had God show up mightily in my life and and even go to a higher level of my knowing him. And that is the ultimate reward. Today. I want to teach you some new thoughts on fasting that I've never shared with you before. And I pray the Holy Spirit will make this real to your life. First of all, I want to tell you what fasting is. Number one, fasting is emptying. Fasting is emptying. You see, when you fast, you're emptying your body of food. You're emptying your life of entertainment and life as usual and the normal routine of life.

**Speaker1:** [00:01:39] And you're entering into a time of total emptying of your soul and your life and your stomach before God. And so that's why I believe it's so powerful. Let me remind you of a story in First Kings chapter 17. It's a woman who fasted the Bible, said that the prophet came to a woman who was in the middle of a famine. Maybe you're in one. Maybe you're in a financial famine or some other famine in your life. And what happened was when she when she came to this place in her life, the prophet said to her when she had fixed her last meal, give me that meal first. And the Bible said she chose to fast and give that meal to the prophet, even though she and her son were prepared to eat their last meal and die. And when she emptied her barrel and gave away what she had, then God supernaturally filled her barrel with food for the next three and a half years. And the point that I'm making is this fasting is emptying what you have to receive back what God has. Fasting is giving away something that you love and that you love to fill your life with, to receive something from God that he can fill your life with. And fasting is emptying. So as you're fasting, you need to say, Lord, I'm emptying myself before you again. Empty me of everything being empty me of pride and ego and.

**Speaker1:** [00:03:09] And carnality. Empty me of lust and anything that's ungodly and unlike you of a bad temper or anger empty me of unforgiveness on this fast fasting is empty. And in Second Kings Chapter four, I'm reminded of the story of the woman who was facing bankruptcy. She did not have enough money. She did not have enough resources to pay her bills and they were coming to repossess everything that she had. And in Bible days they could even enslave your children to become slaves, to pay your debt. And this was the situation that she was facing. And the Bible said that the prophet told her to go get empty vessels. And he said, when you get these empty vessels, place them in your home all around everywhere, you can find room for them and take the one, the one pot of oil that you have and begin to pour. And the Bible said as long as she had empty vessels available before God, every vessel in the house was filled and she sold the oil in those vessels and paid all of her debts and lived off the rest. Now, what I see in that is simply this When the Holy Spirit is looking for vessels to pour his oil, his anointing, his precious power and wisdom and direction and plans into, he looks not for vessels that are full of their own thing, but vessels that are empty before him. And remember, fasting is emptying yourself before God.

**Speaker1:** [00:04:42] There's an amazing story in the Book of Judges, the third chapter that I love to tell, and I believe that it really relates to fasting. I'm going to use some typology here, but in judges Chapter three if you've got your Bible, just reach over and grab it off the coffee table or wherever you keep it and open it up. And I want to show you one of the most unusual scriptures in judges, chapter three and verse 17. It said that there was the king of Moab, his name was England, and the scripture said he was a very fat or obese man. And the Scripture said in verse 21 that it went in being sent of God with a sharp two edged dagger in his hand, and he stuck him in his belly. And when he stuck him with that knife in his belly, the Bible said the fat closed up on the knife in verse 22 says, I love the wording of the King James version. It says, And the dirt came out. What I see in that is a beautiful picture of what we do when we fast. I believe the king of Moab that was that was heavy and and weighty. He represents our carnal nature that gets heavy and that we feed our carnal nature on things, on, on what we see, what we hear, and sometimes not good things. And the way that we deal with him is that two edged dagger, which is the sword of the Lord, the Word of God.

**Speaker1:** [00:06:03] And as we as we want to empty ourselves before God, the way to do it is through the stomach. In the story, the Bible said that when the dagger went in

the stomach and that's what fasting is, it is crucifying King's stomach. It is saying stomach for the next few days. I want you to know you are not in charge of my life. I'm crucifying. And when when he stuck the dagger in that big stomach, then suddenly the scripture said the dirt came out. I tell you, dirt represents disobedience. The D represents disobedience. The I represents ignorance. My people perish for lack of knowledge. The R represents rebellion and the T represents our, our, our temperament, our tongue, all those things that get out of control. But when we fast and we pray, we're emptying ourselves and the dirt is coming out. I love that scripture and judges. Three It said the dirt came out. You know, that's one thing that'll happen if you've got bondages in your life, if you've got things that are binding, you and things that are unclean that that have a grip on your life and you're struggling to get free fast about it, if you can't lay those cigarettes down, if you can't lay that alcohol down, if you can't lay those drugs down, if you can't stop looking at pornography fast about it and the dirt will come out, fasting is emptying yourself before God.

**Speaker1:** [00:07:27] Secondly, I want you to know that fasting is tasting. Fasting is tasting. And I thought about Psalms chapter 34 and verse eight and how the Bible said taste and see that the Lord is good. You know, he's called in Scripture, the bread of life, the bread of life come down from heaven. He was born in Bethlehem, which Bethlehem in Hebrew means city of bread. He told the disciples at the Last Supper. Except you eat my flesh and drink my blood. Speaking of the communion meal, you have no part with me. What he was saying is I'm the bread of heaven and you can taste and see that the Lord is good. But do you know what happens? Have you ever had a good, delicious meal placed before you and. And you just maybe took a cup of coffee and took a drink of that coffee and it scalded your tongue and then you've got this beautiful meal before you. That is delicious, but you can't enjoy it. And it's really not tasty to you because your taste buds have been scalded. The Lord spoke to my heart and he said many people, because of sin, their taste buds for spiritual things, have been damaged and they do not feed on God's word. They do not hunger and thirst for righteousness. Why? Because the taste buds have been damaged. That's what sin does. The more you you live, the more you participate in things, the more you compromise, the more you lower your standards, you damage your spiritual taste buds.

**Speaker1:** [00:09:04] And it's like you can go to church or you can you can, you know, get in a good service. And other people are getting blessings and other people are

receiving, you know, words from God, but you don't get anything. Why? It's not because the Lord isn't tasty and good. It's because your taste buds have been damaged. But I feel led to tell you that as you fast on this fast at the beginning of this year, that you will get your spiritual taste buds back. I love the fact that when we fast and pray and we read God's Word, oh, it begins to fill us with that bread of life that only Jesus can fill us with. Jesus said, and he was quoting from the book of Deuteronomy Man shall not live by bread, alone by natural food alone, but by every word that proceeds out of the mouth of God. And listen to me, when you fast, you're abstaining from food, you're emptying yourself before God. You are tasting. Of the Bread of Life. I also want to mention to you that fasting is waiting. You see, the Bible said in Lamentations three and verse 25, The Lord is gracious unto them that wait for him. And there's something about fasting. It's how we wait on the Lord. Remember in Isaiah 40, where he said they that wait upon the Lord shall renew their strength? And I've often wondered, how do I wait? How do I wait? I believe the Lord spoke to me.

**Speaker1:** [00:10:33] And he said one way to wait before me and to receive the promises. And the rewards of waiting before me is through fasting. It's literally slowing down to fast forward. Fasting is is it slows life down, but it speeds destiny up. And when you fast, you are waiting before the Lord for his wisdom, waiting for his direction, waiting for his plan to unfold, waiting for his supernatural provision. And when you wait on him, the Bible said, The Lord is gracious unto them that wait for Him. I love the Scripture over in in the book of Isaiah 30 and 18, it said, Therefore the Lord will wait, that He may be gracious unto you. Blessed are all they that wait on him. Now notice what that scripture said. It said, If the Lord has waited to answer your prayer, it is because he's going to be more gracious than you thought. Have you ever thought that the reason the Lord has waited longer than you expected to send your answered prayer is because He's going to give you twice as much as you ask for? I believe that as we wait upon the Lord, I believe that as we seek the Lord in fasting and in prayer, we're waiting on the Lord. And He said, I will renew your strength and you will mount up with wings as eagles.

**Speaker1:** [00:12:01] One thing the Lord told me to tell you on this fast, he said, You're going to get your wings back. Two kinds of people need their wings. People who've been devastated. They've been through a terrible tragedy or crisis in their life and they feel decimated and they feel like life is over and they don't have any hope. You need wings to soar above the the fragmented, broken pieces of your life. And then there's the

other group, the people who they're fighting, and they're doing everything they can to bring their dream to pass, but they just can't get things off the ground. Well, when you get your wings, you're going to get it off the ground. And the scripture said you would soar like an eagle. And that's one thing that happens when you wait on the Lord. You get your wings back. I want to mention something else. Fasting is not only emptying and fasting is not only waiting, and fasting is not only, you know, just tasting and seeing that the Lord is good, but fasting is coming. You see, Jesus said in Matthew, chapter 11, Come unto me all you who are weary. I feel like I'm talking to some of you right now. You're so weary, you're so worn down, you're so beat down by life. He said, Come unto me all ye who are weary and heavy laden and I'll give you rest for your soul. Fasting is coming.

**Speaker1:** [00:13:21] I can remember when I was a little kid, we used to play in the backyard and we'd play out in the woods sometimes and my mother would call me at supper time and she had three tones of voice. She would call me the first time and it would be a very pleasant voice. Jensen, come and eat. But then if I waited and waited and waited, I'd hear a more irritated voice and she would begin. There was just a tone. There was a difference in the way that she said it. There was a sternness in her voice. But then if I kept on waiting, there was an anger almost in her voice. Well, there wasn't any almost to it. It was a threatening voice. And I knew if I didn't get home quick, what was going to happen? Well, I want to ask you, how quick do you come when the Lord calls you? He's calling you. He's calling you in early this year. He's saying, Come unto me. I see where you are. I see the heavy burdens on your life. Come, don't. Don't make him have to scream. Don't make him have to. I love the scripture that said faithful Is he that has called you. He will also do it if you'll just respond to his call. And fasting is coming. Fasting is coming to the one who can lift every burden and who can break every yoke. Then I thought about fasting. Is drinking.

**Speaker1:** [00:14:44] Do you know that John chapter seven said that there would flow out of our belly a river of living water. And when you fast you're drinking of that living water. As a matter of fact, I read a story about Jonathan Edwards, the great preacher of bygone years. He was famous and became. Credited for the great awakening of the revival that shook our nation in Europe. You know how that thing began. That revival, that awakening began. It began when this man, Jonathan Edwards, went on a three day fast. And he not only fasted food, but he said that he fasted water and liquids. And I

don't recommend that you do that. I think that you're good to go without food for three days unless you need medical attention and you need to consult your physician. But but most of us can easily go three days without food. As a matter of fact, at the time of this taping, I am on my I believe it's my 14th day of the fast. And I feel incredible. And I've just been drinking liquids and if I get weak, I'll drink a V8 or some orange juice or water or, you know, something that gives me a little energy. But I feel amazing. I feel incredible. And Jonathan Edwards was on this three day fast, but he did not drink water. And he got to the third day and he got to 4:00 the third day. And as as he began to get thirsty, he broke the fast two hours before he wanted to stop it at 6:00.

**Speaker1:** [00:16:13] And he felt just devastated at his lack of discipline. And he began to weep and cry. And he had to preach that night. And he went with a lantern in one hand. And the notes of his sermon entitled Sinners in the Hands of an Angry God in the other hand, and after have fasted for three days with a broken spirit, he began to weep and cry and read that message and history records that there was so much godly conviction that the that the people that he was preaching to grabbed the post of the church because they were afraid they were going to slip off into the flames of hell. I tell you, America and the nations of the world need that kind of fear of the Lord again. And as we fast and as we pray, something happens to us and we rediscover the all and the power of God, we we get a new, fresh glimpse of eternity. We remember that life consists more than of the abundance of things. But what does it profit a man if he gains the whole world and loses his soul? Fasting, ladies and gentlemen, is drinking of the living water. You see, so many people are drinking from wells that don't satisfy. So many people are drinking from from the pleasure wells of this world and they just don't satisfy. But oh, if you could drink from this well that I'm talking about and it's a well that will satisfy he said out of your belly.

**Speaker1:** [00:17:43] And he's talking about the Holy Spirit. There is an undeniable connection between fasting and the Holy Spirit. When Jesus was led of the Spirit, the Bible said into the wilderness led by who? The Holy Spirit into the wilderness to fast for 40 days and 40 nights. There is a connection to the leading of the spirit. When you fast and you pray, you begin to be led by the Holy Spirit. Don't you want to be led this year? Don't you want to to to to know his direction and have ordered steps? The Bible said the steps of a righteous man are ordered of the Lord. Well, as you fast and as you pray, you begin to move in the leading of the Holy Spirit. And then I thought about fasting is lastly

resting. It's resting in the Lord. You see, the Bible said in Hebrews four, There is a rest unto God's people. And there's something about when you fast, everything slows down and you begin to enter into God's rest. Some people are so frantic. You're so frantic, always going, going, going, running through life, trying to make your dream happen, trying to get that business going, trying to make that ministry succeed. And you're not entering into the rest of God. Jesus said, Come unto me all ye who are weary and you'll find rest for your souls.

**Speaker1:** [00:19:07] We're resting in the one who said, I shall supply all your needs according to my riches and glory through Christ Jesus. We're resting in the one who said I've never seen the righteous forsaken or his seed begging for bread. We're not panicking. We're not worrying. The Bible said in the Book of Chronicles that Solomon was a man of rest, but David was a man of war. How would people characterize you? Are you a person of rest? Are you a person of frantic and fighting and always, you know, striving, striving? There is a rest that God has provided for his people. And I'm telling you, you can get twice as much done going to the Lord and seeking him first. That's what we're doing, seeking him first at the early part of the year. Seek first the Kingdom of God. Enter into his rest and he'll add to you all the whole year. And I want to pray with you in closing, because I sense the presence of God anointing. You to fast and pray like never before, use it as a lifestyle. Don't just do it on the 21 days of fasting and prayer, but make a commitment this year. Lord, I'm going to live a life that's consecrated and dedicated to you. God, I ask you today by your anointing to heal the sick. Lord, I pray that you would heal people of sugar, diabetes and of high blood pressure and of cancer and of leukemia.

**Speaker1:** [00:20:30] I thank you, Lord, for that young boy that was healed many years ago in our church that's running around healthy today. His name was Drake, and he was dying of leukemia in the hospital. And our church went on a 21 day fast and the Lord healed little Drake. And he's healthy today and he's alive. The Lord can do that for you, my friend. That was over six years ago and God is still healing today. And I just proclaim this to be the year that you see the healing power of God. You're going to get your wings back this year and God's going to help you to soar again and you're going to smile again. The joy of the Lord is going to be your strength. And I proclaim supernatural provision over your life because you are fasting and praying. You're going to see God provide. The Bible said in Matthew six, When you fast, when you pray and

when you give, he will reward you openly. I want you to fast pray and I want you to give and find ministries and find people who need help. Maybe somebody who needs some financial help. There's something about helping poor people and people who are struggling use the money that you would buy food with to help a friend or a relative that's struggling. And he said in Isaiah 58, I'll reward you. I'll bless you. I'll do amazing things in your life and your health. Isaiah 58 shall spring forth speedily.